Everything you need to Know about the Community Transition Academy of Colchester (CTAC)

Slide Show By: Alex and Ethan

Who we are

- We are an 18-21 program which helps high school graduates who need a little more of a push out of the bird’s nest. In other words, we help those who need to have more life skills education before going out into the real world.

- We are accepting of everyone, big or small, boy, girl, or other, regardless of their sexuality or race. In this group, everyone is equal.

What we do

- When you're in the CTAC program, you will not only be learning about everyday living skills, you will also be doing things for your community. Which includes job skills. We have jobs at CVS, SNAP fitness, Walgreens, Red Rose bakery, and the Food bank. We will soon have jobs at Mohegan Sun and other places as well.

- We volunteer at places all throughout the community and help whoever we can and whenever we can. Making many friends along the way. We have volunteered with the Colchester Giving Garden, Cragin Library, Colchester Garden Club, Colchester Food Bank and at the Youth Center.

Now that you know who we are, we will show you some examples of what we do

- Like stated before, we learn about life skills.

- One of those life skills, is learning to trust the people you know and the people around you.

- We have a curriculum for this, the Circles curriculum.

- We also help out our community. We worked at the food bank.

- We stock the area where people shop

- We organize them by type of food and expiration date

- Another community group that we help out with is the Colchester Garden Club

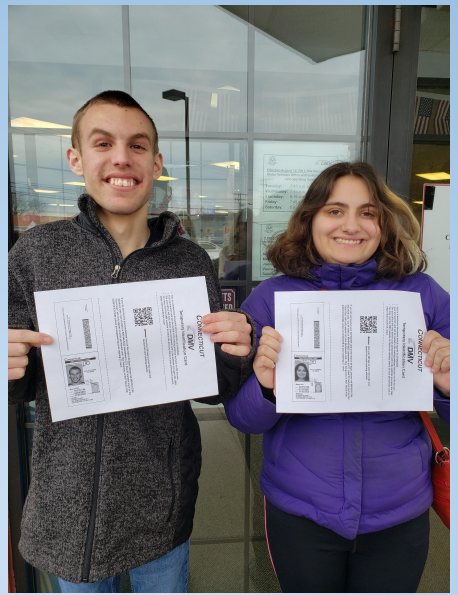
- We help them weed and plant things around Colchester

- And along the way, we learn about many new plants and flowers

- We also do things that will greatly impact our lives in the long run

- We registered to vote at the Town Hall.

- We went to the DMV and applied for our State I.D. cards.

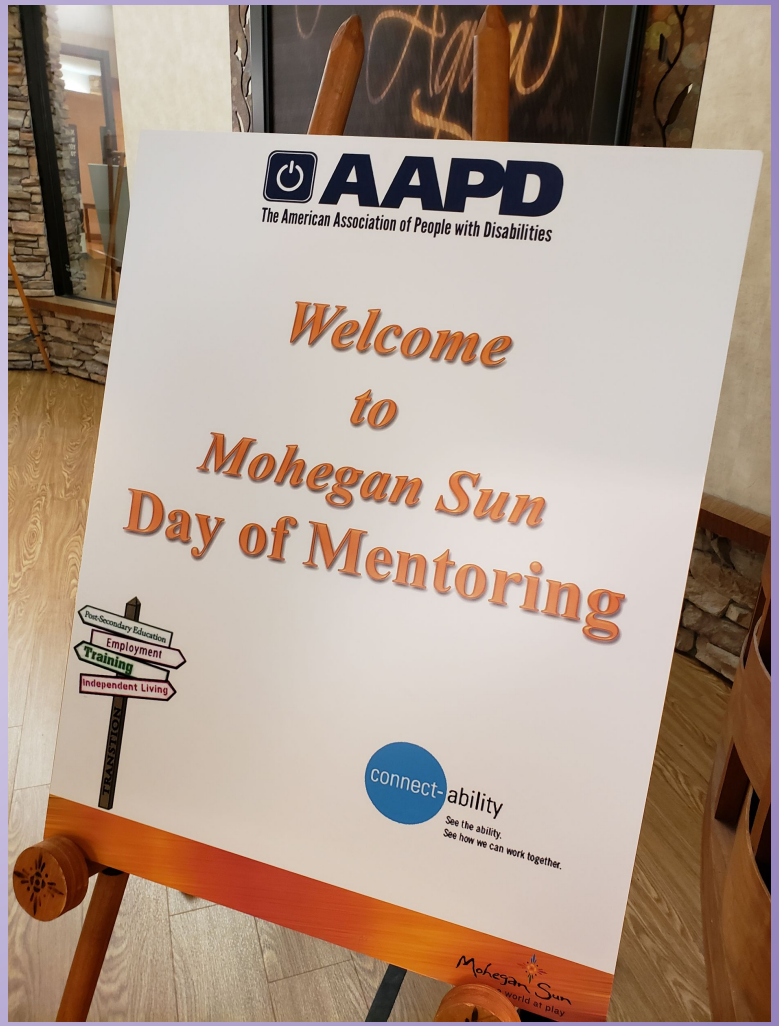


Most of the things we do as adults isn’t all mundane, we like to go places too, and that includes places that are out of town!

We are learning to take the city bus and go to places like Hartford. In Hartford, we have visited the Old State House, the Capitol building, the State Library, History of CT Museum and the Ancient Burial Grounds.

- In Hartford, we met some famous faces!

- We went to Mohegan Sun for a Day of Mentoring
- We learned about making first impressions, interview skills and employability skills.



Senior Center

We also help out at the Senior Center.

We participate in serving meals every week and snacks at special events.

We call Bingo games, host the monthly movie and make the monthly birthday cakes!

Being Good Roommates

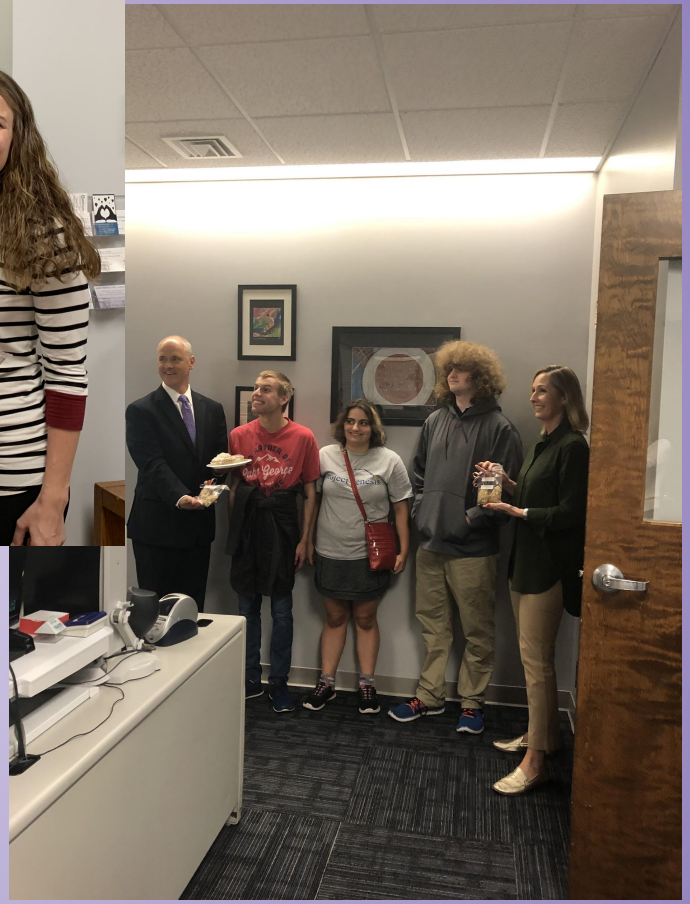
- We are also considerate to those who need to use the same space we do

- We make punch for the kids that will be coming in to the Youth Center

- We also weeded the front garden.

- Of course, we need to thank those who have helped us and have given us opportunities

- You should always thank those who had helped you and made you get to a certain point in you life



Community Engagement

The CTAC gang built a scarecrow for the community contest on the town green.

Our scarecrow was “The Graduate.”

Hosting Brunch

We recently hosted a brunch! We planned our menu, made our shopping lists, shopped for ingredients, baked and prepared food and served many delicious items. We served fresh fruit, quiche, coffee, croissants and a green garden salad.

Pup and Circumstance

The CTAC gang has started their own dog treat business. We make homemade dog treats using all natural ingredients. All profits made go to doing more fun activities like the ones you have seen tonight, and 10% of profits will be donated to local K9 units and animal shelters.

Budgeting and Shopping

We go to Stop and Shop every week to shop for lunch items. We make our lunches at the youth center.

We also shop for our program needs as well as for our new dog treat business! We also shop for the Senior Center’s monthly birthday parties.

We go to many job sites where we get to work

CVS

Red Rose Bakery

Walgreens

SNAP Fitness

Senior Center

Food Bank

We will soon work at Mohegan Sun and hope to start in the new year!

Social Events

We are connecting with other Transition Programs in Connecticut. We've spent several days with other young adults our age. We talked about similar interests and what jobs we have. We went to Ledyard Transition Academy, CCSU game room and a Holiday Party in Wethersfield!

Ledyard Transition Academy Social

Wethersfield Holiday Party!

CCSU

Fun Trips!

Some of our favorite places to visit have been the CT Science Center, Harry's, Family Pizza, Mohegan Sun and the CT State House!

Volunteering

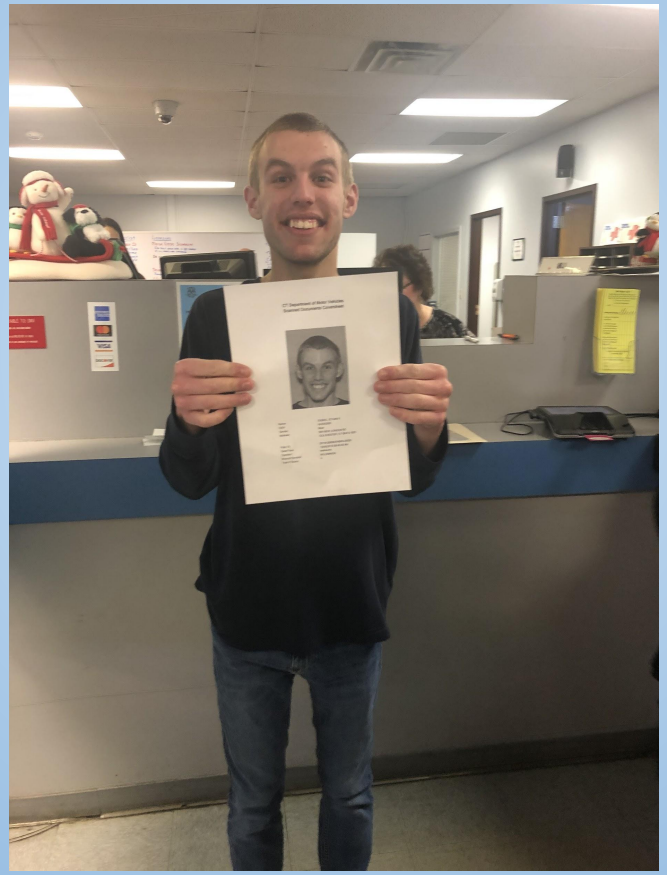
We have volunteered at many places this year. One very special place was a day at The Hole in the Wall Gang Camp! This camp was founded by Paul Newman for children with serious illnesses to be able to experience camp life! We helped prepare the camp for a family weekend for over one hundred campers.

Some of our future plans include:

- Job Fairs
- Bank Accounts
- Job interviews
- Nutrition Classes
- Driver’s Education
- Fitness Classes

Thank you for this opportunity!

Thank you all very much!



Any Questions?